



NEWS RELEASE

Edward B. Murray, Mayor
Christopher Williams, Acting Superintendent

For immediate release

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Community Input Invited on Plans for Fitness Zone® Areas in Seattle Neighborhood Parks

The community is invited to provide input on Fitness Zones® coming to one of four Seattle neighborhoods. Public meetings have been scheduled for local residents living close to local parks chosen as the sites for new Fitness Zone installations. The meetings will give people information about **free outdoor gyms**, and gather feedback that can be incorporated into the installation plans by the project design firm [Johnson + Southerland](#). Please consider walking or taking alternative forms of transportation to the meetings as all community centers have limited parking.

Each Fitness Zone, due to be installed in the next eighteen months, will be equipped with top-quality, durable exercise equipment appropriate for teens and adults of all levels of fitness. Independent research has proved that Fitness Zone areas encourage exercise and increase the overall activity level of park users. Once completed, more than 19,000 people—nearly half from low-income households—will live within a 10-minute walk of one of the four new Fitness Zones.

The Seattle Fitness Zone program is a partnership of [Seattle Parks and Recreation](#), [The Trust for Public Land](#), [The Seattle Parks Foundation](#), and [MOMentum](#). Supporters of this project can make a donation through the Seattle Parks Foundation website: <https://www.seattleparksfoundation.org/2014-pages/step-up/fitness-zone>

Meeting Schedule:

Delridge Community Center
Fitness Zone® Area:
Tuesday - June 2, 2015
6:30 - 7:45 p.m.
Delridge Community Center
4501 Delridge Way SW, Seattle 98106

Hiawatha Community Center
Fitness Zone® Area:
Thursday - June 4, 2015
6:30 - 7:45 p.m.
Hiawatha Community Center
2700 California Ave SW, Seattle 98116

Van Asselt Community Center

Fitness Zone® Area:

Wednesday - June 10, 2015

6:30 - 7:45 p.m.

Van Asselt Community Center

2820 S Myrtle St, Seattle 98108

Powell Barnett Park Fitness

Zone® Area:

Thursday - June 11, 2015

6:30 - 7:45 p.m.

Garfield Community Center

2323 E Cherry St, Seattle 98122

For more information please visit <http://www.seattle.gov/parks/healthyparks/> or contact Andy Sheffer, Project Manager, Seattle Parks and Recreation at 206-684-7041 or andy.sheffer@seattle.gov

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